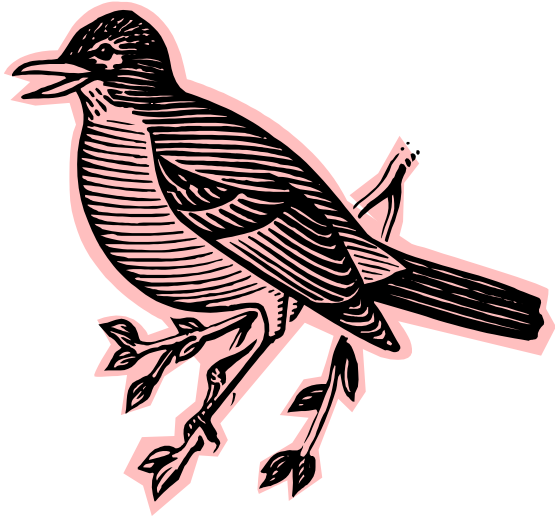


**BIRDS DON'T SMOKE
BIRDS DON'T CHEW
THEY DON'T KNOW
WHY WE DO!**

**THIS SPRING
BECOME
TOBACCO FREE**



The Harford County Health Department is offering NO-TO-TOBACCO Classes. FREE!! Open to all tobacco users who want to quit. Includes how to make and use your own quit plan. **Pre-registration is required for all classes** and the Pre-Quit Class is mandatory for all first time participants. To register, call 410-638-8405. All options are handicapped accessible.

Option 1

Where: The Wilson Center
1024 Main Street
Darlington
When: Tuesday evening

Dates and Times

Pre-Quitting Class: May 22, 2007

6:30—8:30 p.m.

No-To-Tobacco Classes:

5 Tuesday evenings

May 29; June 5, 12, 19, and 26

6:30—8:00 p.m.

Option 2

Where: Harford County Health Department
119 S. Hays Street
Bel Air
When: Thursday evening

Dates and Times

Pre- Quitting Class: May 24

6:30—8:30 p.m.

No-To-Tobacco Classes:

5 Thursday evenings

May 31, June 7, 14, 21, 28

6:30—8 p.m.

